



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 11004, Amaranth leaves, cooked, boiled, drained, without salt

Report Date: July 04, 2017 16:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	91.49	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Energy	kJ	88	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	2.11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.18	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	2.11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	4.11	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
<strong>Minerals</strong>													
Calcium, Ca	mg	209	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Iron, Fe	mg	2.26	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Magnesium, Mg	mg	55	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	72	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	641	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.88	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Copper, Cu	mg	0.158	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Manganese, Mn	mg	0.861	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	μg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	41.1	5	8.325	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.020	5	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.134	5	0.027	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.559	5	0.090	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid	mg	0.062	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Vitamin B-6	mg	0.177	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folate, total	µg	57	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	57	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1984
Folate, DFE	µg	57	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin A, RAE	µg	139	5	57.036	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	2770	5	1140.712	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:1 undifferentiated	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total polyunsaturated	g	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.079	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
<b>Amino Acids</b>													
Tryptophan	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.085	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine	g	0.102	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.167	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.109	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.118	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Alanine	g	0.119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.196	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glutamic acid	g	0.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glycine	g	0.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

### Flavonoids

#### Flavonols

Isorhamnetin <sup>1</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Kaempferol <sup>1</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Myricetin <sup>1</sup>	mg	0.6	--	--	0.55	0.55	--	--	--	--	--	--	--
Quercetin <sup>1</sup>	mg	0.9	--	--	0.88	0.88	--	--	--	--	--	--	--

<sup>1</sup>Lako, J., Trenerry, V. C., Wahlqvist, M., Wattanapenpaiboon, N., Sotheeswaran, S., Premier, R. Phytochemical flavonols, carotenoids and the antioxidant properties of a wide selection of Fijian fruit, vegetables and other readily available foods., 2007 Food Chemistry 101 pp.1727-1741